



# Your Best Brain

Scientifically proven strategies to improve memory, sharpen focus, and optimize your brain health at any age.

## 1-DAY CLASS

Admin Building  
4th Floor Manatee Room

**Tuesday, June 25**

9am - 4:30pm

**Tuesday, October 1**

9am - 4:30pm

## 2-SESSION CLASS

Admin Building  
4th Floor Manatee Room

**Thursdays, April 25 & May 2**

9am - Noon

**Space is limited! Register at [manateeyourchoice.com](http://manateeyourchoice.com)**

This program has been approved by County Administration (for BCC employees) to be taken on work time with supervisor approval. Please record time as "Education/Training".

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Questions? Contact Christina Edenfield  
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